

DEPARTMENT OF THE ARMY
79th Ordnance Battalion (EOD)
52D Ordnance Group (EOD)
Fort Sam Houston, Texas 78234-5056

AFOD-B (100)

11 July 2001

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Army Weight Control Program, LOI 600-1

1. PURPOSE. Establish additional policies and procedures for implementation of the Army Weight Control Program at unit level.

2. SCOPE. This Letter of Instruction (LOI) is directive in nature and is applicable to all personnel assigned or attached for duty with the 79th Ordnance Battalion (EOD) and it's subordinate units.

3. GENERAL. Commanders and supervisors will implement the Army Weight Control Program, to include evaluation of the weight and military appearance of all soldiers under their command and supervision, IAW AR 600-9. To assist in this, commanders will accomplish the following as part of their unit weight control and physical fitness programs:

a. Provide nutritional instruction and counseling as part of the unit physical fitness program.

b. Personnel identified as exceeding the weight screening table of body fat standards of AR 600-9 will be formally counseled on DA Form 4856, General Counseling and referred to the medical authorities for evaluation, receive dietary counseling and will be immediately reported to the Battalion Command Sergeant Major.

c. Unit First Sergeant will monitor personnel entered into the Army Weight Control Program on a monthly basis. Their weight and body fat will be recorded as part of written counseling indicating progress or lack of progress. Records of this counseling will be made a matter of record in the individual's local file.

AFOD-Y (100)

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d. Personnel entered into the Army Weight Control Program will immediately be flagged under provisions of AR 600-31. These individuals will not be submitted for Army schools, promotions or awards until they make satisfactory progress and are removed from the program.

e. Records pertaining to individuals entered into the Army Weight Control Program will be safeguarded and access controlled by the unit First Sergeant.

4. Efficient and Effective.

PATRICK J. KELLY
LTC, OD
Commanding

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